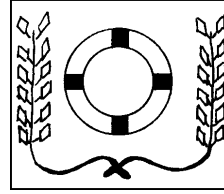


LIFESAVER
INTEREST BADGE


Date Passed

Signed

- | | |
|---|-----------------------|
| 1. a) Demonstrate "mouth-to-mouth" resuscitation on a model both in water and on land.
b) Demonstrate how to promote warmth and circulation.
c) Demonstrate how to put the casualty in the recovery position once he starts to breathe. | _____ <u>1</u> _____ |
| 2. Explain:
a) The 7 safety Swimming Steps (trained supervisor, safe swimming area, lifeguard picket, lookout, ability groups, buddy system, and good discipline).
b) The order of methods to be followed in water rescue (reach, throw, row, go and tow). | _____ <u>2</u> _____ |
| 3. a) Demonstrate reaching rescues using such things as arms, legs, branches, sticks, towels, shirts, paddles and poles.
b) Demonstrate rescues using things that can be thrown such as lines, ring buoys and free-floating supports such as boat cushions. Throw a 20m life-line to fall between two pegs, twice out of every three throws. The pegs must be 1,2m apart and 12m from the thrower. | _____ <u>3</u> _____ |
| 4. Demonstrate twice that you can take off your clothes (shoes, socks, trousers, belt, long-sleeved shirt and jacket or sweater) in 20 seconds or less. Explain the importance of taking off clothes before a swimming rescue. | _____ <u>4</u> _____ |
| 5. Swim 50m on the back, dressed in shirt and shorts, with a life- line. | _____ <u>5</u> _____ |
| 6. Keeping a struggling person in sight, enter the water. Swim 10m. Make the correct approach and demonstrate:
a) A "shirt-tail" rescue. Carry shirt in teeth or hand. Swing one end of the shirt to the hands of the drowning person. Tow the person 10m.
b) A method of rescue and of release in the water with a person about the size of the rescuer. Tow the person 10m. | _____ <u>6</u> _____ |
| 7. Swim 50m in shirt, shorts and socks and undress in the water without touching the bottom. | _____ <u>7</u> _____ |
| 8. Dive from the surface of the water to a depth of at least 1,5m and bring up a stone, brick or iron object of not less than 2kg in mass at least twice out of three times. | _____ <u>8</u> _____ |
| 9. Standing waist deep in water, throw a life-line to within one metre of a small object 18 m away. | _____ <u>9</u> _____ |
| 10. Perform in the water four methods of rescue (one to be the "Unigrip") and three methods of release from the clutch of a drowning person. The person is to be about the size of the rescuer and must be carried at least 15m by each method. | _____ <u>10</u> _____ |